

## **Seminar Room Programme (Blue)\***

(Capacity: 40 seated-no booking required)

- 10.15-11.0 Doula UK recognised doulas  
Choices in Childbirth & the Doulas Role  
“How a doula can empower you to make the right choice for you”
- 11.15-12.00 Debbie Lindley (Real Radio Presenter)-Saturday  
Rebecca Holley (Health Visitor)-Sunday  
Postnatal Depression  
“ Down came the rain “ &  
“Removing the stigma of depression”
- 12.15-13.0 Caroline Nestor-White (Hypnotherapist)  
Hypnotherapy for Childbirth  
“Be relaxed & in control of your baby’s birth”
- 13.15-14.0 Graham Firth (Practitioner in pre-verbal communication)  
Communicating with Babies  
“Fun way of talking to babies without words”
- 14.00-14.45 Room reserved during fashion show
- 15.00-15.45 Insight Medical Ultrasound  
4D Scanning Experience  
“Meet your baby in its little world”

\*Subject to change